



HOME-GROWN IN KANSAS

May 2006

Volume 1, Issue 1



What to look for at
the June 7 mar-
ket:

Bok Choy, Green On-
ions, mixed greens,
spinach, turnips,
beets, broccoli, straw-
berries, peas, toma-
toes, and more!!



Grand Opening of Capitol Mid-Week Farmers' Market!

The Kansas Department of Health & Environment, Office of Health Promotion has partnered with the Kansas Department of Commerce, Agriculture Marketing Division to bring the Capitol Mid-Week Farmers' Market to Topeka. Our paired missions include:

1. To promote increased consumption of fruits and vegetables for optimal health.
2. To promote active living among adults in the workplace by providing walkable access to fresh produce.
3. To promote direct marketing of Kansas foods.

The market will be held on the

South side of the Capitol grounds on 10th Avenue and Jackson. Opening day is May 24th and will run **every** Wednesday through October 25th from 9 a.m. to 2 p.m.

Opening day was a huge success! Thank you for your support of the market!

Throughout the season, you will find the following fresh and local veggies:*

Green beans, cucumbers, egg-plant, onions, potatoes, radishes, Swiss chard, squash, zucchini, turnips, beets, snow peas, lettuce, kohlrabi, bok choy, peppers, sweet corn, spinach, apples, asparagus, rhubarb, okra, pumpkins, sweet

potatoes, and of course, home-grown tomatoes!

You will also find the following fresh, local fruits:*

Apples, strawberries, nectarines, peaches, apricots, blackberries, blueberries, cherries, red raspberries, honeydew melons, cantaloupe, watermelons, Asian pears, grapes, plums, and Bartlett pears.



ATTENTION! MARKET WILL NOW RUN EVERY WEEK!!

Rediscover Spring with Greens!

Greens are considered a super food, packed full of health-promoting phytochemicals, fiber, iron, calcium, and a host of other vitamins and minerals. Just one cup of raw, leafy veggies is considered a serving.

Fresh greens are a great food for transition to warmer

weather. In the springtime, it is possible to have 45 degree temperatures one day and 85 degree temperatures the next. For cooler weather, toss some hardy greens such as kale or swiss chard into any soup you may be preparing. For warmer weather, toss up some tender, fresh lettuces, spinach, baby

kale, and endive as part of a cooling meal. Serve lightly steamed kale, spinach, or other green, leafy vegetable on the side for any weather.

Look for fresh, local greens at the Farmers' Market! Be sure and get serving and cooking tips from the growers.

Kansas Department of Health & Environment
For an electronic copy of this newsletter see:
<http://www.healthykansans2010.org/kslean/>
Contact: jchurch@kdhe.state.ks.us for more information

FRESH FROM THE FARM:



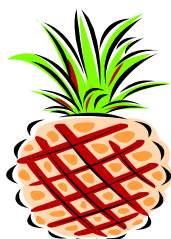
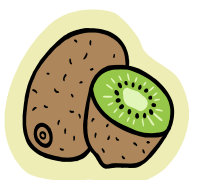
FOCUS: STRAWBERRIES

Rich in fiber and vitamin C, red foods are an excellent way to help improve memory and support a healthy urinary tract. Red fruits may also promote a healthy heart and also reduce the risks of certain cancers.

Look for strawberries at Wednesday's market –
A single serving of strawberries, that is 8 medium sized berries, contains 4 grams of fiber, 160% of the recommended daily amount of vitamin C and only 45 total calories.



Featured Recipe:



Fruit Salsa with Cinnamon Tortilla Crisps

Submitted by Tara Schooler, from: Better Homes and Gardens New Cookbook 75th Anniversary, 2005

Makes: about 3 cups

- 1 Cup finely chopped strawberries
- 1 medium orange, peeled and finely chopped (1/3 cup)
- 2 Large or 3 small kiwifruit, peeled and finely chopped (2/3 cup)
- 1/2 cup finely chopped fresh pineapple or one 8 oz can crushed pineapple (juice pack), drained
- 1/4 cup thinly sliced green onions (2)
- 1/4 cup finely chopped yellow or green sweet pepper
- 1 T lime juice or lemon juice
- 1 fresh jalapeno chile pepper, seeded and chopped (optional)
- 1 recipe Cinnamon Tortilla Crisps

In bowl combine everything. Cover and chill 6 to 24 hours. If you plan to chill salsa for more than 6 hours, stir in the strawberries just before serving.

Cinnamon Tortilla Crisps
Makes: 96 crisps

Combine 1/2 cup sugar and 1 teaspoon ground cinnamon. Brush 1/4 cup melted butter or margarine over twelve 7-8 inch flour tortillas. Sprinkle tortillas with cinnamon sugar mixture. Cut each tortilla into 8 wedges. Spread wedges in baking pan. Bake in 350 oven 5-10 minutes or until dry and crisp. Store in airtight container at room temperature up to 4 days or freeze up to three weeks.

Kansas Department of Health & Environment
For an electronic copy of this newsletter see:
<http://www.healthykansans2010.org/kslean/>
Contact: jchurch@kdhe.state.ks.us for more information